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LOVE'S LABOURS

IN THE ERA OF ONLINE DATING, OLD-FASHIONED MATCHMAKERS PROMISE A PERSONAL TOUCH PAGES 6-7

OTTAWA metro®
Monday, February 11, 2013
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MAN SURVIVES DANGEROUS PRANK

Jeremy Beaumier says teens smashed the windshield of his Jeep as they threw ice at cars from the 417's Pinecrest overpass. Story, page 3. SEAN MCKIBBON/METRO

OC Transpo removes FB complaints

Not Wanted: 'Recommendations.'
Facebook not the place for complaints, says OC Transpo

ALEX BOUTILIER
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Social media

- **Facebook.** Official site provides info on events, new route information and bus delays
- **Twitter.** @OC Transpo, and @OCTranspoLive, for service updates

Disgruntled OC Transpo riders won't be able to post complaints to the transit outfit's Facebook page any more.

OC Transpo removed the "recommendations" section on its Facebook page last week, obliterating a number of complaints that used to be publicly viewable. OC Transpo's social-media chief David Pepper explained a "recommendations" section is not the proper place for making complaints.

"That part of the Facebook (site), it was not being used in a way that was appropriate to us," Pepper said Friday.

"We don't want people to think that 'recommendations' is where they should make complaints. On Facebook and stuff, we want to direct them to the right place so that complaints in fact get brought to our attention in a timely manner."

The last complaints posted to OC Transpo's site concerned an incident on Slater Street last Monday. A woman walking westbound on Slater near Metcalfe said she was struck in the head by the mirror of a moving OC Transpo bus.

Adam Robinson saw the collision.

"She just kind of went a little bit to the side, and she lifted her hands and was shaking trying to hold her head," said Robinson. "And then she just slowly walked towards the bus and got into the bus.

"Everybody was just a little bit traumatized by that."

Robinson launched an official complaint and also posted about the matter on Facebook. His post was later removed. Pepper, who approved staff's decision to take the page down, said the two events were in no way related.

"That was done independently. Two postings on that incident were treated as complaints, so we put them into our complaints process," Pepper said.

OC Transpo could not say how many pedestrians were struck by buses or bus mirrors last year. According to the city's corporate communications branch, OC Transpo doesn't track pedestrian-bus collisions as a separate category of collisions, so annual data is not available.

OC Transpo says it is investigating the Slater Street incident.

Boring money for Canadians

Bank of Canada picked trains over turbans for new bills. We would've picked cats PAGE 9

Swift start to the Grammys

Black Keys and Drake, Gotye and Timberlake. Who else made a buzz? PAGE 11

Tough love in a soft world

Do your kids a favour and tell 'em the truth about their talents (and lack thereof) PAGE 13

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TNT Supermarket 224 Hunt Club Rd, Unit B

Tossing debris off overpass a 'huge, huge danger': Cops

Basketball-sized chunk. Teens threw ice onto highway near Pinecrest, shattering driver's windshield

ALEX BOUTILIER
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Jeremy Beaumier says it could have been worse.

The Kanata man is out $500 after teenagers threw a basketball-sized ice chunk from an overpass Saturday, shattering his Jeep's window. Beaumier is just thankful it didn't cause a car crash.

"I saw them throwing snow and other debris on the highway on other vehicles as well," said Beaumier. "As I got a little closer I kind of honked the horn, I thought maybe that might scare them off or something. But basically I just painted a big target on myself, really."

Beaumier said the incident took place on Highway 417 at the Pinecrest overpass. He said he and other motorists slowed down in order to limit the possibility of an accident.

According to Beaumier, a number of motorists followed him off the highway to offer aid. Both provincial and city police were called, but the suspects were not found.

"(It's a) huge, huge danger depending on what's being tossed," said Const. Rhéal Levac with the Ontario Provincial Police. "It can kill somebody. Because depending on what's thrown, how it hits the car and what goes in, but also the drivers' reaction to that.

"As soon as there's a collision on the 417 with the speeds, people's lives are in danger," added Levac.

Jeremy Beaumier shows off the poor visibility from inside his Jeep after ice thrown from an overpass damaged his car. SEAN MCKIBBON/METRO

Remembering the Korean War Armistice the Canadian way

The Parliamentary Team covers up the puck during Sunday's "Imjin Classic," a hockey game against on the Rideau Canal. The game, which also featured the Military Team, was held to commemorate games played on the Imjin River during the Korean War in 1952 and 1953. Veterans' Affairs named 2013, the 60th anniversary of the Korean War Armistice, the Year of the Korean War Veteran and has partnered with the National Capital Commission to mark the occassion at Winterlude. ALEX BOUTILIER/METRO

Collision. Teen in critical condition after hit-and-run while snowmobiling

A 16-year old boy is in critical condition after being struck by a car while snowmobiling late Saturday.

Just before 10 p.m. on Saturday, Ottawa paramedics, police and firefighters were called to Eighth Line Road near Glenwood Drive after receiving reports of a collision between a snowmobile and a vehicle.

When the teen attempted to cross the roadway, he was struck by a northbound vehicle. Responding paramedics said the teen was thrown a considerable distance, suffering "critical multi-system trauma including head, torso and lower extremity injuries."

The teen was transported to hospital with non-life-threatening injuries. He was in critical condition upon arrival at the Children's Hospital of Eastern Ontario.

The 45-year-old driver of the vehicle fled the scene, but was located by police a short time after. Investigators ask that anyone who witnessed the collision to contact them at Crime Stoppers at 613-233-8477 (TIPS). ALEX BOUTILIER/METRO

Anonymous

As chlamydia cases rise, city brings back bathhouse tests

Cases of Chlamydia have risen and the City of Ottawa has brought back an anonymous-testing program to men's bathhouses to try to combat the trend.

In 2005, Ottawa saw 1,330 reported cases. By 2010 the annual number of reported cases bumped up to 2,315. In 2012, the number of cases stood at 2,535.

METRO

Landing. Pilot, passenger not hurt after small plane lands in snowy field

Fire officials say two people escaped injury after a small plane made an unexpected landing in an Ottawa field piled high with snow.

Ottawa Fire spokesman Marc Messier says the plane didn't suffer major damage when it landed in deep snow around 2 p.m. Saturday in a field (at Woodroffe Avenue and Slack Road), just west of the Ottawa International Airport.

Messier says fire crews quickly reached the pilot and lone passenger and shut off fuel to the engine.

There's no details yet on what brought the plane down in what Messier says was a forced landing.

THE CANADIAN PRESS

Unexpected landing

2 p.m.

The plane made an unexpected landing Saturday around 2 p.m. just west of the Ottawa International Airport.

Judy Thompson, co-chair of Ottawa's Hockey Helps the Homeless tournament, says all four Bell Sensplex rinks will be hosting teams during the March 1 tournament. SEAN MCKIBBON/METRO

Lace up and grab your hockey stick to help the homeless

Benefit.
March 1 charity hockey tournament aims to raise $150,000 for homeless shelters

SEAN MCKIBBON
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Ever wanted to test your hockey skills against the pros?

Your chance is coming and you can also support a good cause at the same time, say organizers of the third annual Hockey Helps the Homeless tournament.

"It's a daylong fantasy tournament, where the players get to rub shoulders and play with NHL alumni and players from the Canadian Women's Hockey League," said Judy Thompson, co-chair of the Ottawa event.

Started 17 years ago in Toronto, the event has grown to five Canadian cities, including Calgary, Vancouver and Montreal. The tournament being staged here at the Bell Sensplex in Kanata will see men's and women's teams compete, followed by a banquet. It will also feature a game between the NHL alumni and CWHL players. This year the goal is to raise $150,000 for the Ottawa Mission and Innercity Ministries.

"The level of skill is pretty high," said Shean Donovan, ex-Senator and one of the former NHLers playing this year. "This is Canada, it's what we love, so even the amateur players — it's not like going and playing in a tournament like this in Atlanta or something where they don't play hockey."

Donovan said he first got involved last year when other NHLers encouraged him to participate. He said it was a lot of fun and he thought it was a "great cause."

"It's easy to relate to. I think we all know someone who is struggling more than maybe they need to," he said. "It's easy to get caught up in success and it's not hard to lose perspective. It doesn't take much to bring somebody down. It's the sort of thing that could happen to any of us."

Organizers say that in addition to Donovan, hockey fans can look forward to playing with Brad Brown, Laurie Boschman, Brad Marsh and others.

"Hockey Helps the Homeless puts on a great tournament," said Boschman, another former Senator. "It's a wonderful opportunity for hockey fans to enjoy a big-league hockey experience for a day while helping those in need in our local Ottawa communities. The organizers do a fantastic job ensuring we all have a lot of fun. I look forward to being a part of it every year."

Individual players or teams can take part and all skill levels are welcome, organizers say.

Registration information is available at hockeyhelpsthehomeless.com.

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Rapid Cleanse is a 7 day cleanse that is perfect if you need results quickly or if you would like to cleanse on a more regular basis.
TESTIMONIAL
After suffering from fatigue, headaches and chronic constipation, I did a cleanse and it changed my life. That was 7 years ago and I still cleanse 2-3 times per year. I have tried other cleanses but I always come back to Renew Life cleanses. They just WORK! Evelyn P. 2012-05-04.
Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3
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* Limit one coupon per purchase. Coupon expires March 31st, 2013.

Digging out after the storm

Keith Tobin hauls a bucket of snow down the street while shovelling out his car in Boston Sunday.
WINSLOW TOWNSON/THE ASSOCIATED PRESS

Dangerous weather. At least 11 deaths in the U.S. and four in Canada were blamed on the snowstorm

About 310,000 homes and businesses remained without power Sunday as the U.S. Northeast and Canada dug out from a blizzard that dumped up to a metre of snow on the most densely populated part of the region. The death toll was at 15.

Some motorists had to be rescued after spending hours stuck in wet, heavy snow. Utilities in some hard-hit New England states predicted that the storm could leave some customers in the dark at least until Monday.

"We've never seen anything like this," said county official Steven Bellone of New York's Long Island, where hundreds of drivers had been caught on highways by Friday's fast-moving storm. Local police said Sunday that all known abandoned cars were searched and no one needing medical help was found.

At least 11 deaths in the U.S. and four in Canada were blamed on the snowstorm, including an 11-year-old boy in Boston who was overcome by carbon monoxide as he sat in a running car to keep warm while his father shovelled Saturday morning.

Roads were impassable, and cars were entombed by snow drifts. Some people couldn't open the doors of their homes.

Blowing with hurricane-force winds, the storm hit hard along the heavily populated corridor between New York City and Maine.

New York City's three major airports — LaGuardia, Kennedy and Newark, N.J. — were up and running by late Saturday morning after shutting down the evening before. Boston's Logan Airport resumed operations late Saturday night.

Most of the power outages were in Massachusetts.

THE ASSOCIATED PRESS

Heavy stuff

"It's like lifting cement."

Michael Levesque, who was shovelling snow in Massachusetts.

Liberal leadership

MP wants to help indebted students

Liberal leadership hopeful Marc Garneau would do away with the current requirement that post-secondary students begin paying off student loans six months after graduation.

The Montreal MP would give students an indefinite grace period, requiring graduates to start repaying loans only after they've found work paying $40,000 per year.

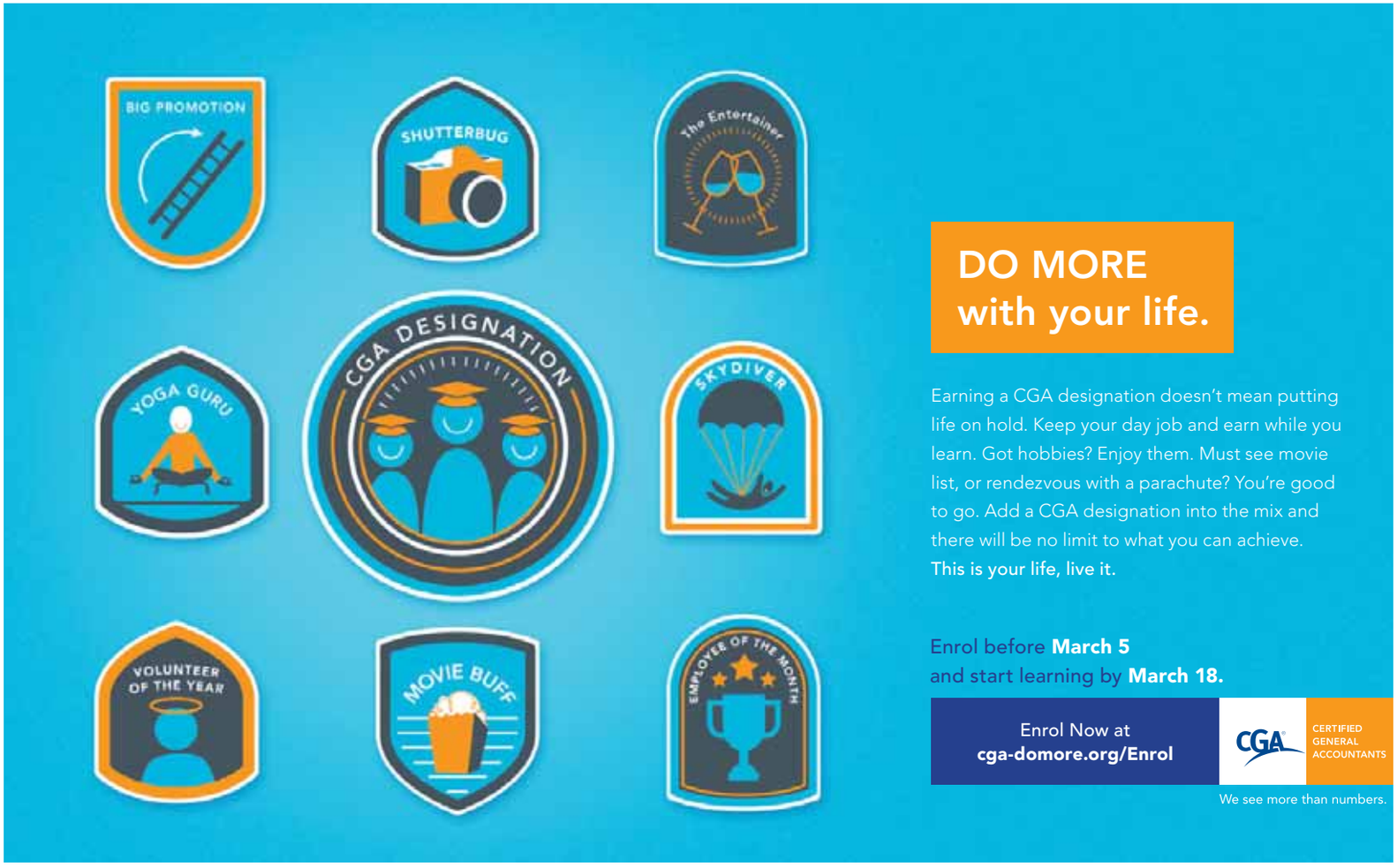
THE CANADIAN PRESS

Struck by falling net

Boy, 9, killed in hockey accident

A nine-year-old boy is dead after an accident at an outdoor rink in a municipality northeast of Montreal.

Quebec provincial police say the boy was playing hockey alone at around 9 a.m. Saturday when a hockey net fell on top of him. Two municipal workers in Saint-Severin found the boy lying on the ice, underneath the net. THE CANADIAN PRESS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The object of your affection deserves something more tangible than hastily arranged zeroes and ones. THINKSTOCK

The lost art of analog amour

Allow us to resubmit for your approval a treasured artifact of romantic history: The love letter.

In the Facebook era, it's the height of romance "because there is a certain level of effort behind love letters, especially because we're so wired today," said Dr. Azadeh Aalai, a psychology professor at Montgomery College in Montgomery County, Md. "If you're sending a text, you don't know if it's being sent to multiple people. How many people even know the addresses of their friends and acquaintances?"

Records of love letters have been found as far back as Ancient Egypt, and as recently as every other pop song. A love letter is measured against the all-time-best examples of the form by its ability to flatter the recipient and reveal how the sender feels about that special someone — and, most importantly, by whether it has been penned by hand.

"People still appreciate having something tangible," said Tracy Steinberg, a dating coach and flirting expert based in New York. "I'm not dismissing the value of a sweet text or email, but there is something nice about having a letter that your lover gave you."

Science supports this. Aalai said that there's a different psychological connection made when a person sees a written signature versus a typed name. On top of that, the short hand and acronyms we use while typing doesn't hold the same "prose and beauty" of the written word.

Dianne Gottsman, a national etiquette expert and the owner of the Protocol School of Texas in San Antonio (yes, that place really exists), said that the difference between a handwritten love letter and an email is similar to the difference between showing up to a date with your hair combed and a clean shirt versus showing up with messy hair and a wrinkled shirt

"For a special occasion, it feels much better to receive something that you've put more effort into," she said.

MICHELLE CASTILLO/
METRO WORLD NEWS

Learn from the masters

Great moments in love-lettering

Dr. Azadeh Aalai, a psychology professor, analyzes two classics of the hallowed form.

Marlon Brando to Stewardess

Dear Lady —

There is something not quite definable in your face — something lovely, not pretty in conventionally thought of way. You have something graceful and tender and feminine.

You seem to be a woman who has been loved in her childhood, or else, somehow by the mystery of genetic phenomena you have been visited by the gifts of refinement, dignity and poise. Perhaps you cannot be accredited with all that.

Irrespective of your gothic aspects, you have passed something on in terms of your expression, mien and general comportment that is unusual and rewarding.

It's been a pleasant if brief encounter and I wish you well and I hope we shall have occasion to cross eyes again sometime.

Best wishes
Marlon Brando

Dr. Aalai says:

"The spontaneity of Brando to a woman he didn't even know was noteworthy and I think adds the dimension of spontaneity or the unexpected to a love letter. It doesn't have to be to someone you know intimately; it can be to someone you feel a fleeting connection to that you want to notice you or to let them know they have been noticed."

Frida Kahlo to Diego Rivera

Diego, my love,

Remember that once you finish the fresco we will be together forever once and for all, without arguments or anything, only to love one another.

Behave yourself and do everything that Emmy Lou tells you.

I adore you more than ever.

Your girl, Frida
(Write me)

Dr. Aalai says:

"Frida's letter struck my fancy because of the kiss she left with the lipstick stain — very tangible and sexy and passionate. And hers was short but tender and sweet."

MATCHMAKER,

Traditional dating. The ancient art of matchmaking is alive and well, even in today's digital world

ANNALISE KLINGBEIL
Metro in Edmonton

Krystal Walter was fed up.

"It's just been a complete nightmare," the 30-year-old said.

Walter's search for love led her online at first, and then on dates with men that "didn't have legal jobs" and even a doctor who, according to her research, had a suspended medical licence.

"You don't want to go on a date with someone and Google them and find out horrible things," Walter said.

Spending $2,000 on an unsuccessful visit to a professional matchmaker was the breaking point that spurred Walter to venture into an old-fashioned profession and start her own matchmaking company.

She's hopeful her clients, who range in age from 25 to 45, will have better luck in their search for Mr. or Mrs. Right through her recently launched Edmonton-based company, Krystal Walter Professional Matchmaking.

Walter personally meets every client and each must undergo an interview and complete a background check before they're matched.

Carmelia Ray is an Ontario-based matchmaking specialist who believes matchmaking is a great option for singles looking for an alternative to finding love online.

Ray said the majority of clients she sees have dabbled in online dating and realized it's simply not for them.

"Some of them have been very frustrated with online dating so they're turning to a matchmaker," she said.

Ray listed the lack of safety and security online, and time needed to sort through profiles, as reasons why some singles find it difficult to locate the perfect match through online dating websites.

Quoted

"Call us old-fashioned, call us what you want, but we take a very personal approach to dating."

Melissa Brown, president of matchmaking company It's Just Lunch

Amanda Meyer is leery of the online dating scene. While she didn't turn to matchmaking, she found her man in a similarly "traditional" fashion.

After meeting her future husband through a mutual acquaintance, they spent several months as friends before starting to date. They're celebrating their seventh wedding anniversary this month.

"There was a nice progression. We were friends first, so we were comfortable and we knew each other," Meyer said.

"We always sort of joke we don't even really have a dating anniversary because it really was sort of a transition between friendship to dating."

Meyer said she has friends who've given online dating a try and while she's not against meeting your potential future spouse through the Internet, she thinks it can be "a little sketchy."

"People put up profiles and they can advertise themselves falsely, whereas I knew him and I knew where he worked and I knew he wasn't lying and wasn't false advertising himself."

In-person meetings are still essential, according to matchmakers.

Melissa Brown is president of It's Just Lunch, an international company that uses matchmakers to pair clients — who are typically busy professionals — on lunch dates.

The business began in Chicago more than two decades ago in a pre-Internet age and since then, "it's just con-

Advice, free of charge

First-date dos and don'ts

Whether you meet online, through a matchmaker or in the lineup at the grocery store, once you snag that first date it's important to make a good impression if you want to get to date No. 2.

Matchmakers Carmelia Ray, Krystal Walter and Melissa Brown offered these tips:

Do talk about interests, hobbies, family, vacation spots and other appropriate first-date topics. "Not diving into political discussions or talking about ex-relationships," Brown recommended.

Do be on time. "First impressions are really everything," Brown said.

Do keep the first date short. "Chances are you'll find out halfway through the dinner if you're interested," Walter said.

Don't text or email a lot before the date. "Just get on the phone and make a date," Walter said.

Don't be negative, Do be positive. "I think attitude is a really important tip when it comes to dating," Ray said.

Do mind your manners. "Gentlemen, play the role of a gentleman; and women, be lady-like," Ray said.

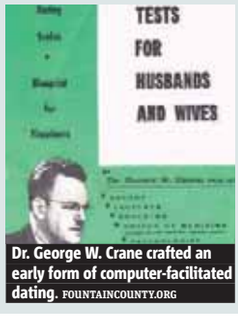
METRO

The way we were

A history of dating services

Dating goes higher-tech. BIBLIOARCHIVES/LIBRARYARCHIVES/FLICKR

- **1700:** The first personal ads are placed in British newspapers to match singles in their early 20s.
- **1941:** A statistics-based dating/matchmaking service is opened in Newark, N.J.



Dr. George W. Crane crafted an early form of computer-facilitated dating. FOUNTAINCOUNTY.ORG

MAKE ME A MATCH

Good-old-fashioned matchmakers say online dating can't compare to the personal touch they offer. HEATHER MCINTYRE/METRO

tinued to grow," Brown said.

"Even with the introduction of the Internet and online dating services, you still really truly cannot have that chemistry unless you meet someone face-to-face. Call us old-fashioned, call us what you want, but we take a very personal approach to dating," she said.

The act of matchmaking itself is certainly old-fashioned. Long ago, professional matchmakers worked in Jewish communities in Eastern Europe and Russia, as famously portrayed in the musical Fiddler on the Roof. Matchmakers also existed in traditional Japanese and Chinese cultures.

At It's Just Lunch, clients meet for a confidential interview with one of the company's dating specialists, who are trained matchmakers, before being paired with other clients.

The matchmakers even arrange the details of the date, meaning clients, who range in age from their 20s to their 50s and whose professions include doctor, lawyer, teacher and entrepreneur, simply show up for their lunch date.

"It's casual, it's stress-free and it's relaxed. Within an hour you can pretty much get an idea if you want to see that person again," Brown said.

For Walter, matchmaking is about quality over quantity.

"Some people like to have the quantity. That's one thing that draws people to online dating," she said.

Most matchmakers meet their clients in person and do background checks, meaning potential dates are screened in a way that's not possible on many online dating websites.

Ray added that in today's digital world, matchmaking is a sound option for singles who don't want to spend their time clicking through profiles online.

"Online dating obviously has helped matchmakers," she said.

- **1957:** Dr. George W. Crane creates a computer dating service, where applicant forms are processed by an early IBM card-sorting machine.

The Dating Game
WIKIMEDIA COMMONS/ABC

- **1965:** The Dating Game, where one woman questions three men she can't see, debuts on TV.
- **1980s:** Video dating, where users create a video of themselves to be viewed by other customers, gains popularity well into the 1990s.

Video dating
BEIGEALERT/FLICKR

Tomorrow: The rise of online dating sites and services

THE COURSE TO TRUE LOVE NEVER DID RUN SMOOTH

PERSONAL PERSPECTIVE
Darren Krause
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I experimented with Lavalife once. For two weeks. Nearly 10 years ago.

It was right after I separated from my first wife. Go figure.

It involved clicking through a catalogue of best-foot-forward photos after inputting search parameters to weed out the logical mismatches.

While it was free to wink, I had to pay to play, so-to-speak. I paid about $20 once to charge up my Lava credits so I could make contact with prospective matches via email or instant message.

This resulted in the arrangement of a sporadic but cordial instant-message conversation. I suspected the person on the other end was engaged in a couple of IMs at the same time, with responses only coming every few minutes.

I ended my online love exploits shortly thereafter. Traditional dating was going to be more my speed. It was just more "me."

What I feared about online dating was its impersonal feel. It was orchestrated; it lacked that natural spark two people have upon first encounter. I feared I would be "matched" instead of loved.

Just not feelin' it

"What I feared about online dating was its impersonal feel.... I feared I would be 'matched' instead of loved."

Post-separation I went to a Halloween party. Of course, a man had to have a standout costume to get noticed. I dressed up as a milk carton, my face on the back like that of a missing person. The costume was a conversation piece and garnered enough attention from a young woman that it turned into a phone number, a first date, then romance for a few months. It didn't last, but the meeting was comfortable and intriguing. It was natural. Most of my senses were engaged in the process. What I feared about online dating was that in those areas it was lacking.

Shortly thereafter a barista at a southwest Calgary coffee shop caught my eye. I went in most days, always hoping she would be there. It took months of awkward eye contact and the occasional "large Paradiso, no room" for me to muster the courage to ask her out.

We ended up dating for several months.

In the short time I was online dating I never felt that rush of adrenaline. I was shopping for a mate in a giant virtual black book. Binary code forces were matching me instead of cosmic ones bringing people into my life.

Today, I'm happily re-married. I wed a woman I had already known for 15 years. Our lives had intertwined in numerous ways, including the death of her first husband and us living together platonically. We had a history, we had chemistry and now we have two kids.

As a traditional-dating advocate, I always worried I would never suffer the beauty of courtship (failed or otherwise) by submitting to online dating.

While the search for online romance grows in popularity, the end result remains the same: Love.

I can't say whether you get sweaty palms, butterflies and dry mouth when meeting an online date in person for the first time — I never did meet up with anyone via the World Wide Web.

Instead I sought chemistry, a painstaking progression with all the emotional and physical response that goes with the uncertainty of putting yourself out there.

I felt it was something a computer just couldn't match.

The search for love took our columnist online before he decided to opt for the more traditional route. CHINA PHOTOS/GETTY IMAGES

Africa aid. Government grants funding to anti-gay religious group

An evangelical organization that describes homosexuality as a "perversion" and a "sin" is receiving funding from the Government of Canada for its work in Uganda, where gays and lesbians face severe threats.

The federal government has denounced virulent homophobia in that East African country, and Foreign Affairs Minister John Baird has condemned plans for an anti-gay bill that could potentially include the death penalty for homosexuals.

At the same time the government is providing $544,813 in funding for Crossroads Christian Communications — an Ontario-based evangelical group that produces television programming — to help dig wells, build latrines and promote hygiene awareness in Uganda through 2014.

The organization is being funded by the Canadian International Development Agency.

THE CANADIAN PRESS

'Specific objectives'

Crossroads spokeswoman Carolyn Innis told The Canadian Press in an email that the projects funded by CIDA do not include evangelical work and are focused on specific objectives.

Canary Islands

Five crewmen dead after lifeboat drops

A lifeboat being used on a safety drill aboard a cruise ship in Spain's Canary Islands fell about 20 metres into a port on Sunday when a cable snapped, trapping crew members beneath it and killing five of them, officials said.

None of the hundreds of passengers aboard the British-operated vessel were involved in the accident, which also injured three crew members, said the Canary Islands port authority.

The dead crewmen included three Indonesians, a Filipino and a Ghanian.

THE ASSOCIATED PRESS

At least 10 dead, dozens injured at Hindu festival

An injured woman who survived a stampede on a railway platform is carried away in Allahabad, India, Sunday. At least 10 Hindu pilgrims attending the Kumbh Mela were killed and more than thirty were injured, according to Railway Ministry sources. KEVIN FRAYER/THE ASSOCIATED PRESS

Deadly stampede.

Bridge collapses in Indian town as millions gather for river cleansing

At least 10 people were killed and a dozen more injured Sunday after a stampede broke out at a train station in the northern Indian town where millions of devout Hindus gathered for a religious festival, a senior government minister said.

Pawan Bansal, India's Railway Minister, told reporters that the stampede took place as massive crowds flooded the Allahabad train station on Sunday evening.

Mythical roots

According to Hindu mythology, the Kumbh Mela celebrates the victory of gods over demons in a furious battle over nectar that would give them immortality.

At least two television channels, NDTV and CNN-IBN, said as many as 20 people were feared dead and 30 others injured. News reports said the large crowds caused a section of a footbridge at the station to collapse, leading to the accident.

News reports said tens of thousands of people were at the train station at the time. Television showed large crowds pushing and jostling as policemen struggled to restore order.

An estimated 30 million devotees were expected to take a dip at the Sangam, the confluence of three rivers — the Ganges, the Yamuna and the mythical Saraswati — on Sunday, one of the holiest bathing days of the Kumbh Mela, or Pitcher Festival. The festival lasts 55 days and is one of the world's largest religious gatherings.

The auspicious bathing days are decided by the alignment of stars, and devout Hindus believe a dip in the sacred river on one of these days will wash away their sins and free them from the cycle of death and rebirth.

THE ASSOCIATED PRESS

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metro
CANADA'S FIRST NEWS APP* IN NEWSTAND
Now available for iPad, iPhone and iPod touch!
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*First to market as of press time.

The $100 bill was the first in the Bank of Canada's new series of polymer banknotes. A market-research firm hired by the bank found strong support for illustrating the plastic currency with images reflecting Canada's diversity. But in the end, traditional images such as a train, a ship and a monument ended up on the banknotes. THE CANADIAN PRESS FILE

Boring banknotes: BoC nixed images of gays, blacks

Plastic currency. Research firm was paid $476K for illustration ideas, but bank went with traditional pics

The Bank of Canada considered celebrating gay marriages, black hockey players and turban-wearing RCMP officers on its new plastic banknotes — but eventually nixed them all in favour of the more traditional images of a train, a ship and a monument.

Internal documents show that focus groups and a Bank of Canada team reviewed a series of currency images intended in part to reflect the diversity of Canada's population, particularly the country's varied ethnic character.

Images that were considered included a Chinese dragon parade, the swearing in of a new citizen, Toronto's annual Caribbean festival, children of different ethnic backgrounds playing hockey or building a snowman, and a person in a wheelchair playing basketball.

The image catalogue was drawn up in 2008 by The Strategic Counsel, a market-research firm hired for $476,000 to help the bank decide how to illustrate its new series of polymer $5, $10, $20, $50 and $100 bills. The first note, the $100, began circulating in November 2011.

Drawing on focus-group discussions and workshops with Canadians in six cities, the consultant found strong support for themes of "diversity, inclusiveness, acceptance of others/multiculturalism." Eventually, 41 image ideas covering several themes were tested and given scores.

Many images proposed at the start of the process did not make the cut. Rejected were illustrations of a gay marriage, an RCMP officer wearing a turban, and "hockey with a twist ... with a black player."

THE CANADIAN PRESS

What made the cut

- The $5 note will show robotic arms built for space programs and the $10 note, a train. The $20 note depicts the Vimy Ridge memorial in France, while the $50 has a picture of an icebreaker.

Washington, D.C.

Cyber attacks could hit 95% of private-sector networks: Committee chair

The U.S. is vulnerable to cyber attacks that could shut down financial services or destroy information that companies need for daily operations, the chairman of the House Intelligence Committee said Sunday. Rep. Mike Rogers said 95 per cent of private-sector networks are vulnerable, and most have already been hit. What's being stolen? Personal identities, money from banks and blueprints for next-generation jobs.

THE ASSOCIATED PRESS

Cellphone contracts. CRTC begins public hearings on wireless code of conduct

The hot-button issues Canadians have with cellphone contracts — roaming fees, ability to unlock handsets and three-year contracts — will get another opportunity to be heard this week.

The CRTC will hold a week of public hearings starting Monday on its proposed wireless code. The regulator is aiming for a set of national standards for the content and clarity of cellphone contracts.

In the leadup to the hearings, to be held in Gatineau, Que., Canadians have again made it clear they don't want three-year contracts offered by wireless carriers.

"Eliminate three-year contracts," said a comment submitted on the online forum for the Canadian Radio-television and Telecommunication Commission's draft wireless code.

"Eliminate onerous processes that make it harder to get out of a contract and go elsewhere for cellphone services."

The CRTC has said it heard a lot of "anger" from Canadians about three-year contracts when it was putting together the draft version of the national code. THE CANADIAN PRESS

The DREAM BIG Contest
1 Dream BIG!
2 Submit a video by March 1st
3 Win up to $1,000
Check out:
ScholarshipsCanada.com/DreamBIG
Philippe, 2012 Winner
With the money, I was able to pay for my plane ticket to Europe along with the books I needed for a class I took this summer, before leaving. I feel very privileged to benefit from this financial boost - especially in times where we realize that only solidarity is there for the needs of many - and hope to pass forward the beautiful gesture in many ways!
SCHOLARSHIPSCANADA.com

TRANSIT COMMISSION: WHY NOT PUT A RIDER IN THE DRIVER'S SEAT?

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

Every snowflake, we are told, is unique, and yet when you've seen one you've seen them all.

We saw a hellacious lot of them throughout Friday's 20-odd centimetres' worth of gratuitous punishment from above, and it somehow became possible to hate each one individually, uniquely.

A couple of good friends who had been intending to poke their heads up, Wiarton Willie–style, and venture out to meet for a drink took one look outside, saw their shadows and cancelled. Because it snowed. In winter. In Ottawa. I could have teased them for their softness but I had to admit they had a point. We'll reconvene next week — or in spring.

The buses, for those who persevered, either through sheer doggedness or a lack of other options, were crowded, late and a bit crabby. If you got on one, ignored the weather's bullying and just did what you were going to do, I hereby nominate you for the city's transit commission.

I nominate the off-duty security guard who offered a rare and precious vacant seat to everyone else who could possibly have taken it before sinking into it himself.

I nominate the quick-moving volunteers who managed, when the side doors were jammed with passengers, to hop out and make room for a couple of escapees, deftly re-boarding before the doors closed.

Little acts of altruism and ad hoc problem solving may be the last thing keeping the system going on its worst days.

A vacancy on the commission has come up. One of its public members, Cyrus Reporter, is stepping down early, having found the workload time-consuming and not infrequently baffling.

The four public members of the body have admitted having trouble getting up to speed and understanding just what's expected of them, despite what appear to be honest, intelligent efforts. As they've learned on the job, they've exhibited an understandable tendency to listen rather than question, and then vote along with the majority.

It's hardly their fault, but a diverse group they are not. Out of everyone who applied to serve on the newly established body, the commission selected three lawyers and a business consultant. At a guess, lawyers and consultants are among some of the best-represented groups at city hall already. Perhaps, the first time out, they decided to go with what they knew.

The city also reimburses these members for meeting-related parking expenses, which seems to suggest that while attendance at commission meetings is strongly encouraged, attendance on any actual buses is strictly optional. This too might be part of the problem.

It's possible there's an experience gap between transit riders and those who make the decisions that affect them most.

I've actually seen Coun. Keith Egli, soon-to-be-shuffled vice-chair of the transit commission (and incidentally another lawyer) riding the bus. I'm sure other councillors venture on board when their schedules permit, too. Coun. Marianne Wilkinson once asked a scrum of reporters how many had taken the bus to city hall that day. I was the only one who (self-consciously) raised his hand.

I'm not saying that the members of our transit commission necessarily need regular personal experience of our transit system in order to make informed decisions about its administration, but it's hard to imagine how it could hurt.

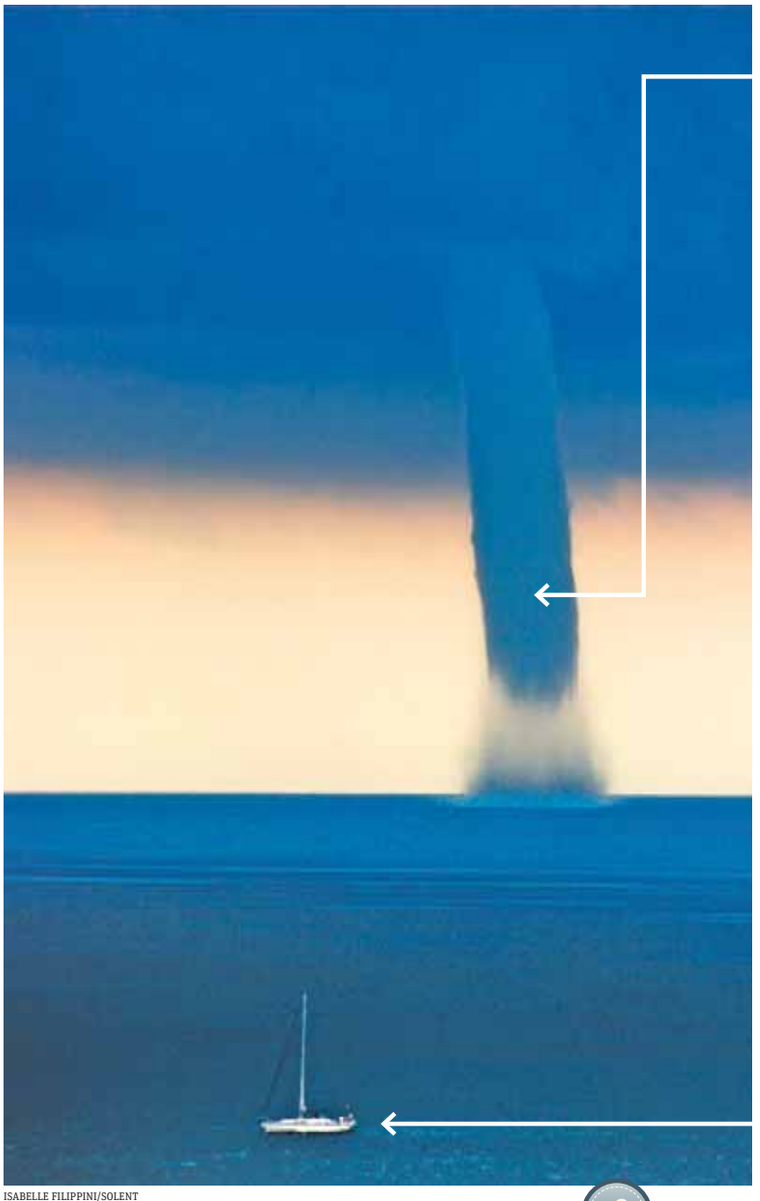
Some representation from groups who rely heavily on the bus (seniors, students, low-income) would seem a sound idea, but how many of these have the resources to take on an extra job for which there is no pay?

I think somewhere among the tough customers who trooped onto transit last lousy Friday, a few promising candidates could be found.

When OC Transpo needed a few thousand more people to put a stress test on the new Presto payment system, it wasn't hard to find participants. They handed out free smartcards at transit stations and the demand rapidly erased the supply.

Maybe they should hand out job applications in the same manner and see who bites.

Waterspout something to sea



ISABELLE FILIPPINI/SOLENT

Ocean view

Phenomenon a yacht to take in

It's every sailor's nightmare, but for everyone else a waterspout makes for a jaw-dropping photo.

Here, off the coast of the French island of Corsica, a colossal whirling vortex appears perilously close to a small yacht drifting on the Mediterranean.

Quick-thinking vacationer Isabelle Filippini grabbed her camera to capture the spectacle.

METRO

Waterspout facts

- **Formation.** They're created when layers of cool air blowing over the water cause warm, moist air to surge up from underneath.
- **Not sea water.** For a long time, scientists thought the revolving mass of water in a waterspout was in fact from the sea — it's actually a spray of cloud water or condensation.

Shutter-happy

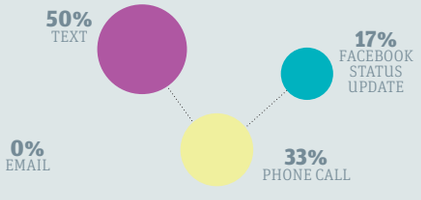
"My family and I had been admiring the sea, despite the low clouds. Then, all of a sudden one of the clouds was pointing towards the sea and I realized it was forming a tornado. I was amazed as the waterspout touched the sea."

Isabelle Filippini, 43, from Paris

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's your preferred communication method for setting up a date?



Twitter

@KristenEss: loooove @carlyraejepsen, she looks amaaazing on top of having THE greatest personality at that awards show #Grammys #ERedCarpet #Canadaproud

@DMNDEntOttawa: 5 more days to get your Tickets #Ottawa. "Crazy For Love" Valentines party inside @TequilaJackSOtt. Message for tickets: 613-617-6955

@NickJT_: Hintonburger I live you #hintonburger #hamburger #food #ottawa http://t.co/QJdQm7FK

@DLPhotography: Make a difference in our community! Help the dedicated designers behind @EMKEdition renovate #Ottawa's Youville Centre! http://t.co/L3VTpI6j

@__PrincessZee: I just want something EPIC to happen at the #grammys like a nip slip or a kanye.

metro

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Looking fine in a Suit & Tie

Justin Timberlake makes a return to the stage at the Grammys on Sunday night. GETTY IMAGES

Grammy Awards. Toronto's Drake takes home award for best album, while Justin Timberlake tests out new material on stage

Critically lauded R&B crooner Frank Ocean won his first-ever Grammy trophy Sunday night, while a spry Justin Timberlake returned to the stage after years away for a stylized take on two new songs.

The 25-year-old Ocean entered the Grammy Awards with six nominations for his ambitious, contemplative debut commercial release Channel Orange, and he picked up his first award for best urban contemporary album early in the show.

"I hear ... the way you disarm audiences is by picturing them naked, but I don't want to do that," the L.A.-based singer said softly.

"I want to say thank you to my mother for being the best," he added, as his teary-eyed mom was captured clapping along.

In other news, the Grammys seemed to lose Canadian Carly Rae Jepsen's number, as her earworm smash Call Me Maybe was overlooked for both song of the year and pop solo performance.

Fun.'s irrepressible anthem We Are Young instead took top song trophy, and soon-to-be 31-year-old frontman Nate Ruess had a clever crack ready.

"Oh God. I don't know what I was thinking writing the chorus for this song — if this is in HD, everyone can see our faces and we are not very young," said Ruess, whose band performed Carry On amid an impressive fake downpour.

"We've been doing this for 12 years and I've just gotta say that we could not do this without the help of all the fans we've had keeping us afloat....

"I guess we've felt like your best-kept secret. So thank you guys so much."

Taylor Swift kicked off the show with an Alice in Wonderland-inspired rendition of her hit We Are Never Ever Getting Back Together. She sported an outfit reminiscent of the Mad Hatter's — a white-suit jacket, matching top hat and hot pants — while a cast of eccentrics surrounded her. Meanwhile, some poor gentleman — and the presumed target of Swift's scorn — was fastened to a gigantic onstage bull's-eye.

Timberlake's performance similarly hit the mark.

As he took the stage, the image went suddenly monochromatic while the tuxedoed singer moved slickly while surrounded by dancers steeped in old-school L.A. glamour. After an assist from Jay-Z, Timberlake smoothly segued into another new tune Pusher Love Girl before being serenaded with an enthusiastic reaction.

Meanwhile, Adele — who swept all six categories in which she was nominated last year — won pop solo vocal performance for her Set Fire to the Rain.

"I just wanted to come and be part of the night, because I loved it last year — obviously," joked the new mother, who said backstage that new music was still a ways off.

Meanwhile, Toronto rapper Drake finally claimed his first Grammy out of 12 nominations.

The 26-year-old born Aubrey Graham took his inaugural hardware in the best rap album category, with his moody sophomore hit Take Care emerging triumphant.

THE CANADIAN PRESS

Big winners

- **Song of the year.** We Are Young, fun.
- **Rap album.** Take Care, Drake.
- **Rock album.** El Camino, The Black Keys
- **Country song.** Blown Away, Carrie Underwood
- **Dance/electronica album.** Bangarang, Skrillex
- **Best pop solo vocal performance.** Set Fire to the Rain, Adele

Exclusively online

For a full list of Grammy winners visit metronews.ca.

Emma Watson sticking up for pal Stewart

Harry Potter alum Emma Watson is standing up for pal Kristen Stewart in the fallout from the Twilight star's cheating scandal last summer. "Those who criticized her are the same people that think being rich and famous is like being covered in some kind of magic powder that makes life perfect. Nothing can go wrong in your wonderful world," Watson tells Vanity Fair. "Everyone makes mistakes, everyone. On one hand, I can understand why it happened: people felt really involved in her relationship with Robert Pattinson. But it's also true that they both have done everything in their power to keep their relationship as far from the public eye as possible."

Twitter

@tyrabanks
Glamorous nights are nice. Reading a book by the fireplace might just be a bit more glamorous for a girl like me. Nighty nite.

@kirstiealley
and lastly, from my pulpit, we have ALL done creepy things. I stress the word ALL. And we would ALL like to be forgiven. Stepping down now

@MarkDuplass
motion to expunge the word "moisten" from the english language. we could also do without the word "expunge" while we're at it.

@MatthewPerry
I'm always thrown when people tweet things that are deeply personal. Why? Why would they do that? I mean, my pants are around my ankles.

Chris Brown ALL PHOTOS GETTY IMAGES

Chris Brown in the headlines again

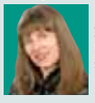
It looks like Chris Brown's luck isn't getting better anytime soon. The scandal-plagued singer was involved in a car crash this weekend, totalling his car but escaping uninjured, according to E! News. Brown was alone at the time and reportedly told police that he was being chased by paparazzi prior to the crash. "Chris Brown was in a car accident this afternoon after being ruthlessly pursued by paparazzi," his rep says in a statement. "Two vehicles cut him off. The occupants jumped out, with cameras, and aggressively approached his vehicle. In an effort to remove himself from the situation, he began to back down an alley, at which point his way was cut off by two additional vehicles."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

PETA demands Beyoncé's skin



STARGAZING
Malene Arpe
scene@metronews.ca

PETA is chastising Beyoncé for wearing a halftime outfit made of python and iguana. Just wait until PETA sees her costumes for the upcoming tour: a wolf bra, two pairs of dolphin-skin shoes with sea turtle heels, a baby polar bear cape (estimated amount of baby polar bears required: 12 to 17) and an Illuminatiger hat.

Justin Timberlake denies calling Britney "bitch." Says Justin, "Can't a person have a conversation about World War II and the British blitz?"

Alexander Skarsgard and Jack McBrayer are observed having lunch together. Which explains the sudden weird upsurge in Kenneth the Page and Eric Northman fan fiction.

Dolce and Gabbana releases a fragrance exclusively for babies. Great Szantorwx, God of Destruction, Malevolence and Infant-related Justice, Earth is ready for your ruling.

This week in Events That Make You Loathe Your Own Family Just A Bit Little Less. 1) Tanning Mom gets drunk and falls down in a nightclub. 2) Bobbi Kristina Brown asks people not to buy her grandmother Cissy Houston's "disrespectful" tell-all Remembering Whitney. 3) Three members of a Nova Scotia family are arrested for smoking and belligerence on board a flight to the Dominican Republic. 4) A Belgian tattoo artist inks his name in giant letters on his girlfriend's face one day after they met. 5) Octomom gets panicky and calls the school when she can't locate one of her kids, who is later found to be taking a nap at home. 6) Three years after they split, Christina Aguilera's husband is finally moving his stuff out of her house.

Calvin Klein's ex-boyfriend Nick Gruber says one of the women from Mob Wives: Chicago threatened to kill him with a screwdriver. Honey Boo Boo, a selection of Swamp People and the entire smoking family from Nova Scotia are all, "no, that's too much."

Celebrity math. Question: If Lindsay Lohan really didn't know that she owes her former lawyer $150,000 and Adele buys her mother a $950,000 apartment while Harry Styles gets a stripper for his 19th birthday, why was Richard III found in a parking lot? Answer: Because Donald Trump sued Bill Maher for $5 million over a joke.

TORSTAR NEWS SERVICE

Taylor Swift

Country music rivals keep a distance at Grammys

Taylor Swift's love life isn't the only source of tension in the 23-year-old singer's life. She apparently also has some issues with her country music rivals.

Producers at this weekend's Grammy Awards were reportedly ordered to keep Swift and Carrie Underwood "from crossing paths since they hate each other," sources tell Us Weekly. "Taylor feels Carrie is always rude to her, so she steers clear of her." Reps for the awards show, though, insist that "no requests were received from either artist."

Charlie Sheen

Sheen reaches out to suspected killer

While suspected killer and former LAPD officer Christopher Dorner is still on the lam, at least one celebrity wants to help him out. Charlie Sheen, who is mentioned briefly in Dorner's lengthy manifesto, has recorded a video message reaching out to Dorner, who is being sought in the murder of three people, according to E! News. "You mentioned me in your manifesto, so thank you for your kind words. I am urging you to call me," Sheen says in the clip. "Let's figure out together how to end this thing. Call me. I look forward to talking to you." In the manifesto, Dorner writes, "Charlie Sheen, you're effin' awesome." He also pays tribute to Ellen DeGeneres, Serena Williams, Natalie Portman and Jon Stewart.

Bullying

Canadian view

A survey by Big Brothers Big Sisters of Canada and Invesco Canada Ltd. provides insight into how Canadians view bullying.

Seventy-eight per cent of Canadians say not enough is being done to stop bullying and 94 per cent say teachers and school administrators share responsibility in trying to curtail the problem.

Among bullied Canadians, 72 per cent said they were teased in a way to humiliate and 71 per cent experienced verbal abuse and taunting. Meanwhile, among bullied Canadians who suffered lasting harm, effects included lack of confidence, low self-esteem, depression, anger management issues and poor academic achievement. METRO

Seventy-eight per cent of Canadians say not enough is being done to stop bullying. ISTOCK

Exclusively online

Mommy remembers when restaurant dining involved dropping $200 on a meal she couldn't pronounce. Now it's all about free refills, paper tablecloths and a menu featuring photos of the entrees. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Move over Marcia, Jan has an important lesson for parents

Failure. A classic episode of The Brady Bunch shows how vital it is to let your kids realize they aren't good at everything

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Like Jan on the Brady Bunch, kids have to learn that failure is a part of life. ABC PHOTO ARCHIVES

I loved The Brady Bunch as a child, but after re-watching a certain episode, I love it even more as a parent.

It featured middle daughter Jan Brady (the family's perpetual loser) trying to discover if she had a natural born talent ... for anything. Predictably, and much to her teen despair, she failed at many different things (ballet, tap dancing, being a drum majorette, acting in the school play). Mom Carol Brady said to husband Mike, "Poor Jan. She's really miserable. I hate to see her going through this." To which he grunted unsympathetically, "She'll have to figure it out."

I loved this. Today, do we ever let our kids "figure it out" for themselves? We constantly tell them they're good at everything, in a world where it's virtually impossible to fail a class. Or we have them participate in sports where no score is kept and no one ever loses.

On the show, it's Jan's sympathetic siblings who challenge and deliberately lose to her at a number of activities — ping pong, Monopoly. But, of course, she eventually discovers what they're doing and becomes convinced she's an even bigger loser. Is this the risk we as parents take if we continue to prop our kids up with false praise, and an "everyone's a winner at everything" attitude?

They quickly learn the truth about their talents when they leave the house for a post-secondary education or into the real working world, where discipline and criticism can be harsh. Preparing our children for disappointment and failure is one of the lessons we might want to have them learn at home, rather than from a disgruntled professor or manager.

American Idol is a great example of what can happen if you aren't honest with your children and you send them out onto the stage to fail. My kids are terrible singers. I am a terrible singer. Their father is a terrible singer. It's just who we are, and we all know it. They won't be those show contestants who are painfully awful, but are convinced they're the next Kelly Clarkson because their mom says so.

By all means, we should be encouraging our children when they find what they're good at — we should be their biggest cheerleaders — but let's make sure we're not cheering them on to great public failure. After all, not everyone can be a perfect drum majorette like their big sister Marcia. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

THE OTTAWA
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FEBRUARY 16 & 17
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Exhibits - Over 100 of Ottawa's top wedding professionals
Fashion shows - 12:30pm and 3:30pm both days
Boutique Gowns - Hosted by Ottawa's leading bridal shops
Prizes and Promotions available only at Show
ADMISSION FREE
www.OttawaWeddingShow.com

Tangy Shrimp, Asparagus and Egg Stir-fry beats takeout

This recipe serves four. NEWS CANADA

Why not break out of the typical weeknight routine and wow your family with a simple and delicious Asian-inspired home-cooked meal that takes very little effort?

With just a handful of ingredients, you can create an impressive dish bursting with exciting flavours.

The tangy Asian-inspired sauce mixed with fresh vegetables will make you swear off takeout for good.

To avoid overcooking the shrimp, make sure they are still undercooked before adding the eggs.

1. In a large non-stick skillet, heat the vegetable oil over high heat. Add the cut-up asparagus and stir-fry for 4 minutes; add the thawed shrimp and cook while stirring for 3 minutes.

2. Lower the heat, add lightly beaten eggs and them let set slightly without stirring, about 1 minute.

3. Break up the eggs with a spatula, pour in the stir-fry sauce, green onions and stir to heat the mixture through, another 2 minutes.

4. Serve on cooked rice or noodles. **NEWS CANADA/ VH SAUCES**

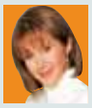
Ingredients

Prep time: 10 minutes
Cook time: 10 minutes

- 2 tbsp (30 ml) vegetable oil
- 2 cups (500 ml) asparagus pieces, cut into 1-inch lengths
- 1 lb (500 g) peeled medium-sized shrimp, thawed
- 2 eggs, lightly beaten
- 1 jar (355 ml) VH Szechuan Stir-Fry Sauce or the General Tao Stir-Fry Sauce
- 1/2 cup (125 ml) finely sliced green onions
- 1/2 lb (250 g) rice noodles, cooked as directed on package

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

Canned tuna offers a fix for a quick bite. But not all tuna is created equal when it comes to calories and fat content.

Spicy Thai canned tuna on a whole wheat bagel

490 calories / 13 g fat
Read the ingredients carefully on individual meal cans as they differ, usually due to more oil. The bagel alone has more than 300 calories.

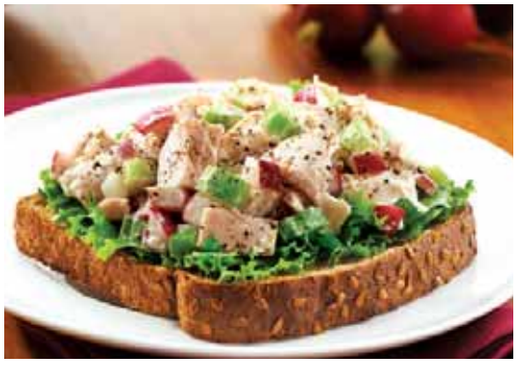
Equivalent

One Spicy Thai can of tuna on a whole wheat bagel is equal in calories to five spicy chicken tenders (battered) from Popeye's.

Tomato and onion canned tuna on a whole wheat English muffin

200 calories / 3 g fat
This variety contains less oil and an English muffin has only 100 calories.

Lunch. Crunchy Tuna & Radish Salad Sandwich



One of the easiest ways to improve your overall health is to increase the amount of fruits and vegetables consumed on a daily basis. Full of vitamins and nutrients essential in keeping your body healthy, achieving this goal may be easier than you think. Give your body a boost of naturally occurring vitamins and minerals, the same ones found in fruits and vegetables, by having a hearty sandwich as a part of a lunchtime meal.

1. Mix tuna, radish, celery, yogurt, lemon juice, mustard and mayo. Season with pepper.

2. Divide lettuce between toasted bread slices and top with tuna mixture. Serve as an open-faced sandwich. **NEWS CANADA/ NATURALLYDEMPSTERS.CA**

Ingredients

2 portions
Total time: 10 minutes

- 1 (170 g) can of low sodium tuna, drained
- 1/2 cup (125 ml) diced radish
- 1 stalk celery, diced
- 1/4 cup (60 ml) plain yogurt
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) Dijon mustard
- 1 tbsp (15 mL) light mayo
- Pepper to taste
- Shredded lettuce
- 2 slices Dempster's WholeGrains Flax Bread, toasted

This is not your grandfather's legendary Reuben sandwich

The legendary Reuben of yore was built on corned beef, but this recipe swaps it out in favour of smoked salmon.

And while it holds fast to the classic version's melted cheese, it loses the untoasted rye bread in favour of a grilled panini.

Unorthodox? Guilty as charged. Scrumptious anyway? See for yourself.

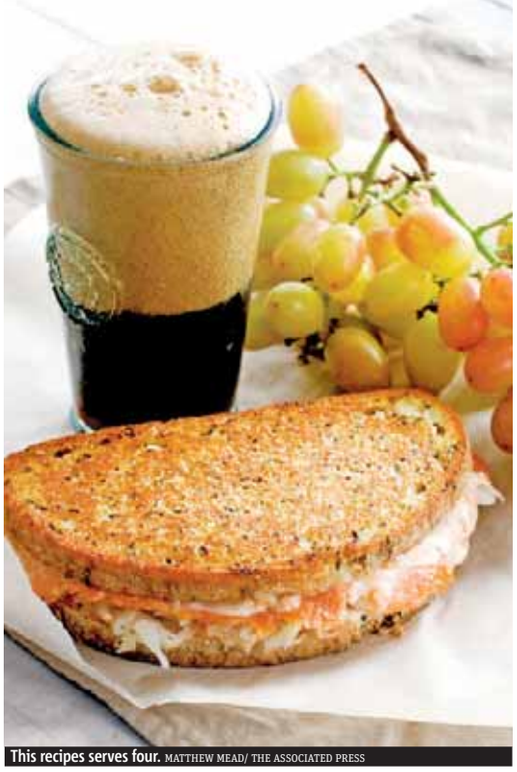
1. In a small bowl, combine the mayonnaise, chili sauce, pickle and lemon juice. Season with salt and pepper to taste.

2. Spread one side of each slice of bread with some of the dressing. Arrange half of the cheese on 4 of the slices. Divide the salmon, sauerkraut and remaining cheese among the cheese-topped slices of bread and top each with one of the remaining bread slices, spread side down.

3. In a large skillet over medium, heat the oil until hot. Add the sandwiches and something heavy (such as a cast iron skillet, flat saucepan lid, or heat-safe plate and a weight such as a can of food) to firmly press the sandwiches down. Cook for 6 minutes per side, or until golden and the cheese has melted. Cut each sandwich in half and serve right away. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

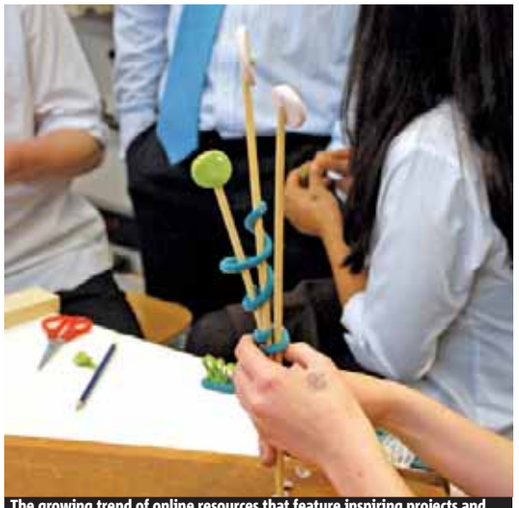
Ingredients

- 1/4 cup low-fat mayonnaise
- 2 tbsp chili sauce (the kind served with shrimp cocktail)
- 2 tbsp finely chopped dill pickle
- 1 tsp lemon juice
- Kosher salt and ground black pepper
- 8 slices rye bread
- 4 oz thinly sliced Gruyere, fontina or Swiss cheese
- 4 oz thinly sliced smoked salmon
- 14 1/2-oz can sauerkraut, drained, rinsed and gently squeezed to remove excess liquid
- 2 tbsp extra-virgin olive oil



This recipes serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Building and the brain. Crafts can make for powerful playtime tools



The growing trend of online resources that feature inspiring projects and crafts ensure that parents don't have to be DIY experts in order to take part in fun activities with their children. FLICKR / JORDANHILL SCHOOL D&T DEPT

Keeping kids entertained can be quite a task on those chilly, winter snow days home from school. When it's too cold to continue playing outside, try engaging kids in a fun yet educational project that will also help develop essential life skills.

With fewer skilled trade workers as role models today, many kids have never been exposed to using tools. Building a project together helps adults bond with children while instilling confidence and new skills such as problem solving, math and coordination.

While parents may be reluctant to permit young children to build or use tools, research indicates that much of the early brain development comes from using our hands. Mag Ruffman, Canada's self-proclaimed "tool girl", recently produced a series of videos for Lowe's featuring simple yet fun projects parents can do with their kids at home. Ruffman explains that if kids can get their hands on tools and materials in their first five or six years, it can help their brains develop neural pathways that can improve their intelligence and abilities for the rest of their lives.

"When you think back on your childhood, it's those things you built with your own hands that have the greatest resonance," she says.

"That is the goal of what we call the Lowe's Family Fun Projects. We're doing everything we can to help kids and parents build lifelong memories in that timeless world of creativity. The more creative and innovative our kids are, the better this world will become."

NEWS CANADA

Touch and teach

"When you think back on your childhood, it's those things you built with your own hands that have the greatest resonance."

Mag Ruffman
Producer of Lowe's Family Fun Projects

Embrace and enhance your CV superpowers

Make that paper pop. Take the 'zzz' out of 'resumé' with these six easy-to-follow guidelines

YLVA VAN BUUREN
careerbear.com

It never hurts to write a crisp cover letter that points to some of the important features in your resumé. But keep it short and sweet, says Maureen McCann, an award-winning resumé writer. ISTOCK

In today's competitive marketplace, a winning resumé is your sales pitch. It's your first shot at convincing the potential employer that you are, hands-down, the best candidate for the job.

It's not just about listing all the jobs you've ever held, says Maureen McCann, mypromotion.ca, an award-winning resumé writer. It's about strategically highlighting your expertise and achievements — for the potential employer.

Here are some guidelines.

Research
"Do your research about the hiring organization so you understand what they're looking for and how to focus your information," says McCann. Talk to people in the industry, carefully read the job posting and target your message by identifying what value you have to bring to the employer's table.

Determine a resumé style
If you're writing your own resumé, check online for resumé templates that you can start with — and then revise one to make it your own. The website youth.gc.ca explains that there are three basic styles:

• A functional resumé focuses on skills, highlighting transferable skills gained from previous jobs, activities, experiences or volunteer work. This is recommended if you do not have a long work history.

• A chronological resumé focuses on work history, showing work experience and focusing on positions you've had and responsibilities and accomplishments. It's usually organized with the most recent information first.

• A combination style combines elements of both but also includes dates, titles and other information from different positions. This is a good style when you want to prioritize your skills but also demonstrate how your career has evolved.

Use an easy-to-read style
Breaking out information into small separate sections with specific headings is always easier to scan and read. You could start with a value proposition, says McCann. "I might describe someone as 'strategic, outgoing or award winning'… and then go into describing things that I know the employer is looking for." If you know the company wants someone with five key skills, says McCann, be sure to list those five skills upfront.

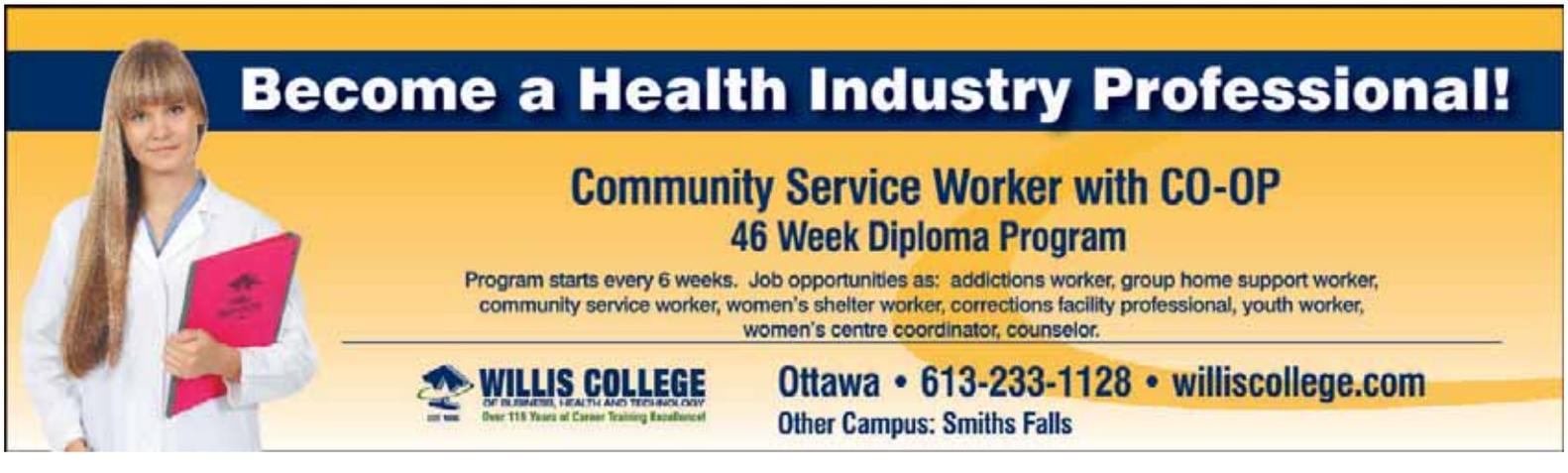
The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.
- Looking to move up? Write a resumé that'll get you noticed for that $80,000-a-year position. Visit The Man Blog at metronews.ca to learn how.

Demonstrate your qualities
Include the functions you did in your past jobs, but also describe how what you did helped to change or improve the organization, says McCann. For example, your strategy helped improve sales by 30 per cent. Use action words to describe how you contributed to the company's success.

Presentation is everything
If a hard copy is required, be sure the resumé is clean and printed on white regular letter-sized paper (8.5 by 11-inch). If an electronic version is called for, be sure to include links to your professional online profiles. And make sure spelling and grammar are perfect.

Make every word count
Try to keep your entire resumé to one to two pages. Edit information that isn't necessary. For example, if listing personal interests does not somehow align with what's valuable to a potential employer, then leave them out.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Could their workplace woes be leading somewhere more serious?

The lows of labour.
Learn to spot the signs of staff discontent before they lead to staff dissent

JULIA WEST
Metro World News in Philadelphia

There's a difference between an employee with the Monday blahs and one who is continuously unhappy and disengaged.

Not only should employers be able to spot the difference, they should know how to reverse the problem before it's too late.

Sign: Distrust of management

"If you find that your employees trust politicians more than your senior management, you have a problem," says Morgan Norman, founder and CEO of WorkSimple.

Give the poor guy a sign that you know he's going the extra mile. ISTOCK

This can lead to poor productivity.

"If employees aren't trusting," he adds, "they won't put themselves into their work."

Solution: Cultivate a culture of trust

When you provide a safety net for your workers, they are more apt to try new ideas and produce better results. Show them that you believe in their work.

Sign: Long lunches and increased absences

If you notice an employee who can barely show up for work, you are likely seeing someone who is not interested. "This may be a sign that someone is using the time for job interviews," warns Christine Endres, Branch Manager for Robert Half International in Philadelphia.

Solution: Re-evaluate this person's work

Could this be a matter of someone who is simply overworked and underappreciated? Are they getting the recognition that they fairly deserve?

"Failure to recognize employee achievements, excessive workloads for long periods of time and fear of job loss can negatively impact employee morale," says Endres. Take action and communicate before you risk losing a dedicated worker.

Asleep at the wheel?

Sign: Low energy level

- Have an employee who drags his or her feet day in and day out? "While it may be unrelated to the workplace, a change in attitude could be indicative of an ominous burnout," explains Amanda Augustine of career website TheLadders.com.

Solution: Talk it out

- This person may need a better work-life balance. "When you understand what matters most to your employee, then you can understand what can be done to improve their level of satisfaction," Augustine adds. Listening and allowing the person to speak freely can certainly be an asset in this sort of situation.

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The In-Credibility Factor

Name: Alex Hyssen and Andrew Lenjosek
City: Toronto
Age: 23
Occupation: Co-Founders of Koge Vitamins

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Alex Hyssen and Andrew Lenjosek agree that any successful business must start with a solid and supportive team dynamic. PROVIDED

They had it all, successful careers, money and freedom. But Andrew Lenjosek gave up his job on Wall Street in New York and Alex Hyssen left his sales analyst job to start their own company. Their plan is to simplify the vitamin buying experience while dramatically reducing prices for consumers. Putting their life savings into the venture, they are ready to launch and the early buzz has this start-up ready to explode out of the starting gate.

We knew we were on our way...

"When we launched our social media campaign," says Lenjosek. "Within two weeks, our outreach added more than 10,000 people to our sign-up list through our website landing page. We received dozens of emails from people who expressed support for our cause — a few even asked us about investing and/or joining the team!"

Hyssen adds, "The initial reaction of all of these people, particularly people we had never met before, proved to our team that our goals were desirable and absolutely within reach, and that we were on track to achieving them."

Action Plan:

Focus on what you're passionate about.
It's hard to find the courage to "veer off the path" and start a company from scratch when all of your friends are working in safe and stable professional jobs. When you've grown into a fully operational company, you certainly won't look back and regret taking a chance on something you believed in, even if the ride was bumpy.

Choose your partners wisely
You're going to be "married" to the people you start your company with, so getting along is a must. Pick individuals you trust and who you believe are honest. Your partners need to be willing to put everything on the line, work extremely hard and be just as determined as you in order to succeed.

Be resourceful
Reach out to everyone you know, make the choices that add the most value and focus on testing your concept before you start to unload the big bucks on features that aren't critical.

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Montreal Canadien Max Pacioretty, right, shows his arm to a referee following an incident with Toronto Maple Leaf Mikhail Grabovski as Canadiens goalie Carey Price looks on Saturday in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

Will NHL bare teeth at Maple Leafs forward?

NHL. Disciplinary hearing set for Mikhail Grabovski over alleged biting incident

Quoted

"I'm very confident (he didn't bite Pacioretty). The bottom line is, it has to be conclusive."

Toronto Maples Leafs coach Randy Carlyle
on an alleged biting incident involving Leafs forward Mikhail Grabovski

Mikhail Grabovski seems to have given hockey fans and the NHL something to chew on.

The Maple Leafs forward got a one-day reprieve when his hearing with NHL disciplinarian Brendan Shanahan over an alleged biting incident was delayed.

Grabovski and Shanahan will discuss over the phone on Monday — scheduled for 11 a.m. — just what happened Saturday in the third period when Montreal's Max Pacioretty grabbed Grabovski from behind and twisted his head. Grabovski responded by appearing to chomp on Pacioretty's arm.

No reason was given for the delay — it was originally scheduled for Sunday — but the league is certain to come to a decision before the Leafs play the Philadelphia Flyers on Monday evening at the Air Canada Centre.

Grabovski could be suspended or fined, or both. Neither Grabovski or Pacioretty spoke after the game, nor did Grabovski speak to reporters after Sunday's practice at the MasterCard Centre.

Twitter sunk its teeth into the bite debate, adding another layer to Toronto's historic rivalry with Montreal, as supportive Leaf fans incited Montreal fans with hashtags like "#Biteme" and "#FreeGrabbo."

"Sore losers, simple as that," tweeted one.

Grabovski, a former Hab, has left his mark on this rivalry. He is frequently targeted by Montreal players — the Leafs accused Brandon Prust of cheap-shotting Grabovski on Saturday night — and routinely jeered at the Bell Centre.

"This shouldn't be happening," Habs defenceman Josh Gorges said of the alleged bite. "Drop your gloves, fight, stand up for yourself."

The Leafs defended Grabovski, saying they didn't see the alleged bite, but adding he was provoked.

"I don't know what happened," said Leaf defenceman Mark Fraser. "It's the game ... in the heat of the moment guys react differently."

TORSTAR NEWS SERVICE

OHL

Bulls still have 67's number

Daniil Zharkov scored twice and Alan Quine had three assists as the Belleville Bulls downed the host Ottawa 67's 6-4 on Sunday in Ontario Hockey Legaue play.

Tyler Graovac had a goal and an assist for the Bulls (31-14-6), who have beaten Ottawa five straight times this season, while Aaron Berisha, Jordan Subban and Brendan Gaunce each scored once.

Ryan Van Stralen had three goals for the 67's (15-35-4) and Michal Cajkovsky had a goal and two assists.

Joseph Blandisi, Sean Monahan and Sergey Kuptsov had two assists apiece for Ottawa.

Malcolm Subban turned away 32-of-36 shots for the win as Jacob Blair made 31 saves in a losing cause.

THE CANADIAN PRESS

Figure skating

Duhamel and Radford ascend to win gold

Canadians Meagan Duhamel and Eric Radford captured their first international pairs title, winning gold at the Four Continents figure skating championships Sunday.

Duhamel, from Lively, Ont,. and Radford, from Balmertown, Ont., weren't pleased with their score of 199.18 points, but it was enough to top teammates Kirsten Moore-Towers and Dylan Moscovitch.

They became the first Canadians to claim this title since Jamie Sale and David Pelletier in 2002.

Canada's two-time world ice dance champions Tessa Virtue and Scott Moir lost to American rivals Meryl Davis and Charlie White for the second consecutive competition.

THE CANADIAN PRESS

Gay still buzzing as Raptors swat Hornets

Toronto Raptor Alan Anderson slaps the ball away from New Orleans Hornets forward Ryan Anderson in Toronto on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

Rudy Gay had a game-high 20 points and Kyle Lowry added 14 points and 10 assists as the Toronto Raptors defeated the New Orleans Hornets 102-89 on Sunday.

John Lucas scored 10 of his 19 points in the fourth quarter and Amir Johnson chipped in 14 points with seven rebounds as Toronto (19-32) won its second straight and improved to .500 at the Air Canada Centre this season (13-13).

Robin Lopez's 19 points led the Hornets (17-34), who lost for the first time in three games. New Orleans guard Greivis Vasquez had 17 points, seven rebounds and six assists.

On Sunday

Raptors	Hornets
102	89

Jonas Valanciunas, who was making his first start since missing 18 games with a broken finger, had 11 points and 10 rebounds for Toronto. Lowry's double-double was his fourth of the season.

Lucas, who had just six points at halftime, added three in the third quarter before breaking out for 10 in the fourth to match a season-high.

Gay, who came in averaging 24.3 points since his trade from Memphis, became the first Raptor to have five straight games with 20-plus points since Andrea Bargnani (Dec. 28, 2011 — Jan. 4, 2012) last season.

Sunday marked the final game between the Raptors and the Hornets franchise, who will be called the Pelicans beginning next season.

THE CANADIAN PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Act with restraint today, even though someone you have dealings with deserves to be criticized. If you react too aggressively your words could have consequences you will not enjoy. Keep those sarcastic remarks to yourself.

♉ Taurus
April 21 - May 21
There is no point chasing after something too eagerly today, because the planets warn you are unlikely to catch up with it. Pretend you are not too bothered whether or not you get it – then you won't be disappointed.

♊ Gemini
May 22 - June 21
You may be in the mood for fun and games (as usual) but those around you don't seem to be in the mood to play. How frustrating. Just this once it looks like you will have to entertain yourself.

♋ Cancer
June 22 - July 23
Someone may try to intimidate you today but you must not let them see they are getting to you. Fortunately Cancers are very good actors, so make like you don't care and they will leave you alone.

♌ Leo
July 24 - Aug. 23
A battle of wills is likely. What you want to do is at odds with what a loved one wants to do. So what is the answer? Go your own ways and do your own things. You don't have to do everything together.

♍ Virgo
Aug. 24 - Sept. 23
Venus, planet of values, is linked to Saturn, planet of limitation, so most likely you will be prevented from doing something you want to do. By the end of the week you will realize it actually worked in your favor.

♎ Libra
Sept. 24 - Oct. 23
Don't waste time arguing about who thought of something first – you should be pulling together and making it work. It does not matter where ideas come from, it matters only what you do with them.

♏ Scorpio
Oct. 24 - Nov. 22
The important thing today is that you stay in control of your emotions. If you let other people get under your skin bad feelings could escalate quickly and there is no telling where you might end up. In the cells overnight?

♐ Sagittarius
Nov. 23 - Dec. 21
There are so many ideas running through your head that it's getting confusing. What you must do is sit down with a pen and notebook and write them all down. Only then can you start to make sense of your life.

♑ Capricorn
Dec. 22 - Jan. 20
Although you generally like things to stay as they are what happens today and over the coming week will remind you that nothing in life is permanent – and that's a good thing. Change works for you, so embrace it.

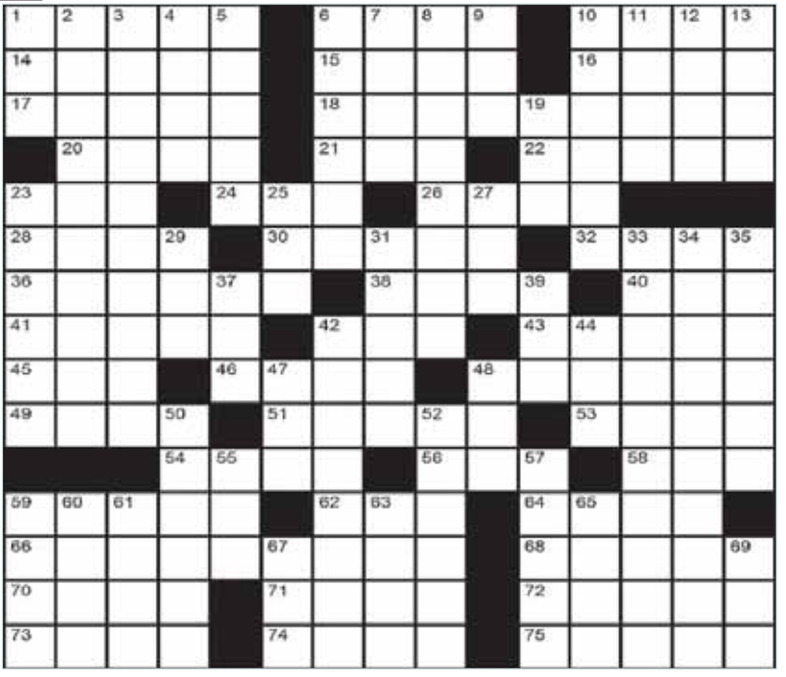
♒ Aquarius
Jan. 21 - Feb. 19
If someone you are fond of is moody and uncommunicative today don't try to push them. Give them the space they need to work out their problems and by this time tomorrow they will be bubbling again.

♓ Pisces
Feb. 20 - March 20
A project you had high hopes for has not worked out so well, which is disappointing, but don't be too unhappy about it. What did it teach you? There is always something you can carry on to the next task.

SALLY BROMPTON

Crossword: Canada Across and Down

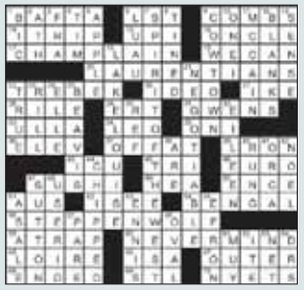
BY KELLY ANN BUCHANAN



Across
1. Quebec's __ Peninsula
6. Vogue and People, for short
10. The Grapes of Wrath family
14. Three: French
15. Film director Mr. Petri
16. Greasy
17. Dazes
18. Nova Scotia university
20. FOX musical dramedy
21. Geog. feature
22. Apprehension
23. Nuke
24. "Making Plans for Nigel" band
26. Business subj.
28. Util. bill
30. "One __ (__ the Body)" by The Rolling Stones
32. Spheres
36. Woolly camel-like animal
38. Lawyers, for short
40. Granola bit
41. Cartoon skunk Pepe: 2 wds.
42. 'Advert' suffix
43. Beatrice Arthur sitcom
45. Metal-bearing mineral
46. Royal Canadian __
48. Quandary
49. Ms. Banks
51. West: French
53. Ex-ruler of Iran
54. Connect
56. Pas' partners
58. Duran Duran hit
59. "Hang Ten" singer
62. Moo __ pork (Takeout dish)
64. Coconut fibre
66. Northwest†Passage searcher, Sir Martin __
68. Mr. McDowall of movies
70. Ms. Hatcher
71. Territory
72. Close by, to a poet
73. Director Mr. Mendes, and others
74. Li'l instruments
75. Busey and Sinise

Down
1. Lettered Mustang cars
2. AGO = __ __ of Ontario
3. Albert Schultz is the Founding Artistic Director of this Toronto theatre company
4. Tree type
5. County in England
6. Renaissance family of influence
7. Regrettably
8. Razors brand
9. Fifth music note, variantly
10. Reporter, for short, Brit-style
11. Van Gogh's Bank of the __ at Auvers
12. Et __ (And others, in Latin)
13. Tinted
19. Prefix with 'meter'
23. Fanatic
25. 1996 Snoop Dogg album: '__ Doggfather'
27. Cottage bed
29. Flight simulators co. headquartered in Saint-Laurent, QC
31. Flavour
33. Saskatchewan player
34. Covering up with a hat reason: 3 wds.
35. Prefix to 'scope'
37. Uniquely-spelled mountain basin
39. Clothing sizes letters
42. Stone land marker of the Inuit to guide Arctic travellers
44. Three-toed sloths
47. Suffix to 'Opt'
48. Harper Valley, e.g.
50. Courtroom cover stories
52. Blue cartoon creatures
55. Pasta names suffix
57. Neck, slang-style
59. Terrestrial stage newts
60. Ms. de Matteo
61. Earth crawler
63. Present
65. Charlie Chaplin's last wife
67. Actor Mr. Townsend, to pals
69. 12-month periods

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9	3					1	
5					6		4	
2			7		1	8		
	8			3		5		6
1		6		2			3	
		5	8		7			9
	3		9					8
	7					4	5	

Friday's Sudoku

1	4	3	5	6	7	2	8	9
6	7	9	3	8	2	1	4	5
5	8	2	1	4	9	7	3	6
3	9	7	4	1	8	5	6	2
4	1	5	2	3	6	8	9	7
8	2	6	9	7	5	3	1	4
2	5	4	8	9	3	6	7	1
9	6	8	7	5	1	4	2	3
7	3	1	6	2	4	9	5	8

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Stk: 80016

$9,880

2008 CHEVY HHR LT

Air, Cruise, CD, Pwr group
km: 56,398
Stk: 33218-a

$8,810

2006 FORD ESCAPE XLT

V6, Air, Cruise, CD, Pwr group
km: 88,332
Stk: 34513

$9,450

2006 HYUNDAI TUCSON 4WD

V6, Air, Cruise, CD, Pwr group
km: 97,472
Stk: 33005

$9,900

2008 JEEP COMPASS

Manual, Air, Pwr group
km: 97,363
Stk: 34470

$8,970

2007 KIA SPORTAGE LX

Air, Cruise, CD, Pwr group
km: 99,590
Stk: 33798

$9,980

2006 PONTIAC TORRENT AWD

Air, CD, Pwr Windows, Locks
km: 76,475
Stk: 12452-a

$8,970

2008 MAZDA TRIBUTE

Sport, Air, CD, Pwr group
km: 97,199
Stk: 12456-a

$9,750

BIG STYLE, SMALL PAYMENTS!

2008 SAAB 9-3 2.0T

Loaded, Heated Lthr Seats, Auto
km: 70,214
Stk: 33876

$72/WK 60 MOS **$13,980**

2009 INFINITI EX35 AWD

Back Camera! Loaded, Lthr
km: 69,769
Stk: 34605

$123/WK 60 MOS **$23,940**

2009 MINI COOPER

Manual, Air, Cruise, Lthr
km: 56,484
Stk: 34522

$154/WK 60 MOS **$14,880**

2009 MERCEDESBENZ B200

Turbo, Sunroof, Pwr group, Heated Seats
km: 54,272
Stk: 34440

$102/WK 60 MOS **$19,830**

2005 FORD FUSION SEL

Loaded, A/C, Roof, Auto
km: 55,454
Stk: 34328

$134/WK 84 MOS **$16,750**

2007 CADILLAC CTS

Loaded, Heated Lthr Seats, Auto
km: 64,065
Stk: 33383

$106/WK 48 MOS **$16,930**

2011 TOYOTA VENZA AWD

Air, CD, Cruise
km: 15,240
Stk: 34549 usa

$101/WK 84 MOS **$25,880**

2012 TOYOTA 4RUNNER AWD

SR5, Air, Cruise, Loaded
km: 1,966
Stk: 34454

$139/WK 96 MOS **$39,870**

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*OR QUEBEC SAFETY AND ETEST, WHICHEVER YOU NEED!